



Rainier Beach

COMMUNITY CENTER

Fall 2006

Program Registration
Walk-in begins August 14

8825 Rainier Ave. S
Seattle, WA 98118
206-386-1925



NEW!

REGISTER ONLINE · it's easy!
www.seattle.gov/parks

SPARC

Rainier Beach Community Center

Rainier Beach Community Center

8825 Rainier Avenue S

Seattle, WA 98118

Phone: 206-386-1925 Fax 206-386-1399

Visit us at www.seattle.gov/parks!

Hours of Operation

Monday	1 – 9 p.m.
Tuesday – Friday	11:30 a.m. – 9 p.m.
Saturday	10 a.m. – 5 p.m.
Sunday	Noon – 5 p.m.

Late Night Program Hours

Fridays and Saturdays 7 p.m. – Midnight

Please Note: Both nights now at Rainier Beach CC

Saturdays at Asa Mercer Middle 7 p.m. – Midnight

Program registration

Registration begins Monday, August 14.

Program dates

September 4 – December 31, 2006

Holiday closure

Monday, September 4, Labor Day

Friday, November 10, Veterans' Day Observed

Thursday, November 23 & Friday, November 24,
Thanksgiving Holiday

Monday, December 25, Christmas Day

Monday, January 1, New Year's Day

Professional Staff

Ken Bounds, Superintendent

B. J. Brooks, Deputy Superintendent

Christopher Williams, Operations Director

Katie Gray, South Recreation Manager

Jeff Lewis, Staff Analyst

Martha Anderson, Recreation Center Coordinator

Kendra Acklin, OOC Asst Recreation Center Coordinator

Glenn Hubbard, Teen Development Leader

Yolanda Barton, Teen Development Leader

Folasa Titilii, Late Night Specialist

Twinkle Francis, Out-of-School Time Director

Cindy Thornton, Recreation Attendant

LaRita Wilkinson, Maintenance Laborer

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

Our Vision

In line with Neighborhood Planning of RB2014, we visualize our center as the resource "Hub" in our community. Our focus is community-driven education and jobs, health/wellness and technical literacy accomplished through recreation for the whole family.

Rainier Beach Advisory Council

You Can Make a Difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held at 6:30 p.m. on the second Tuesday of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff at 206-386-1925.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Advisory Council Members

Vic Roberson, President

Kwajalein Griffin, Vice President

Lynn Stover, Treasurer

James Luster, Lifetime Member

LaTonya Ausler

Art Conley

Donna Nichols

Elaine Hayes

Randy Beaulieu

Tamsen Spengler

Fall Meeting Dates:

Tuesdays, Sep 12, Oct 10, Nov 14, Dec 12

6:30 – 8:30 p.m.

Location: Game Room

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Special Events



Spaghetti Dinner

Come join the community, families, friends, and neighbors for dinner. The Rainier Beach Advisory Council is hosting a Spaghetti Dinner Fund-raiser, proceeds will benefit Rainier Beach Community Center Programs and activities.

Date: Tuesday, Oct. 10 6 p.m. – 8 p.m.

Location: Activity Room

Fees: \$5.00 \$5 - adults \$3 - children

Fall Harvest Festival

Come and join us for our annual Harvest Festival. Celebrate Fall with games, prizes, face painting, refreshments and more. Adults and kids are welcome to wear their favorite costumes.

Age: all ages

Fridays Fri, Oct 27 6 – 8 p.m.

Location: MP room **Fees:** Free



Christmas Ship Festival & Bonfire

Join us at the Atlantic City Boat Ramp on Tuesday December 19 to experience the Christmas Ship Festival. Keep warm by the bonfire as the lighted ships sail on Lake Washington. The Argosy Cruises Christmas Ship will broadcast a musical performance from approximately 7:15-8:15 pm for all to enjoy. Light refreshments will be served. Donations always appreciated.

To sail on the Christmas Ship, call Argosy Cruises at 206.623.1445 for prices and reservations.

Tue, Dec 19 7:15 – 8:15 p.m. Fees: Free Location: Atlantic City Boat Ramp



Next Steps to a Career in Construction for Men & Women

Join us to discover high-paying, high-skilled, rewarding careers in the construction trades. Explore your options, meet experienced trades men & women in this multi-trade & Sound Transit resource tables and presentation event.

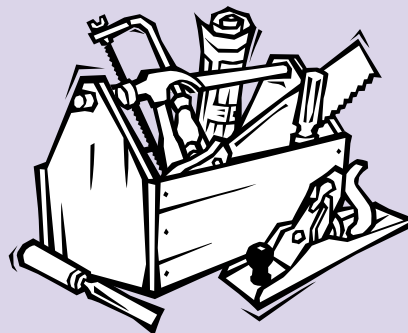
Work with your hands! Work outside and inside! Find a satisfying job that provides benefits for you and your family.

This multi-trade event is co-sponsored by: Apprenticeship & Non-Traditional Employment for Women and Men (ANEW), Local 699 Sprinkler Fitters, Sound Transit, Seattle Vocational Institute (SVI), and Washington Women in Trades

Age: All

Date: Tue, Sep 12 5:30 – 7:30 p.m.

Location: Activity Room



School-Age Child Care

Before School (Rainier Beach)

Start your morning off on the right foot...Enroll your child today for early morning care! A light breakfast is served.

Before school care at several locations. Check with your local site for eligibility requirements. You must register in person at the community center for these programs.

Location: Game Room

Mon, Tue, Wed, Thu, Fri 7 – 9 a.m.

Before School – 5 days \$160.00
2nd Child Discount \$150.00

Barcode	Month	Dates Excluded
#9426	Sept	
#9427	Oct	10/13
#9428	Nov	11/10 & 11/23-24
#9429	Dec	12/18-22 & 12/25-29

After School (Rainier Beach)

Designed to meet the needs of various working parents by providing an after school enhancement program that is fun, exciting, age appropriate and safe for their children. Youth will enjoy arts and crafts, special events, field trips, tutoring, and computer time. DSHS licensed. Ask for scholarship availability.

After school care at several locations. Check with your local site for eligibility requirements. You must register in person at the community center for these programs.

Location: Game Room

9/6 – 12/15/06 3 – 6 p.m.

Fee: After School – 5 days \$245.00
2nd Child Discount \$235.00

Barcode	Month	Dates Excluded
#9422	Sept	
#9423	Oct	10/13
#9424	Nov	11/10 & 11/23-24
#9425	Dec	12/18-22 & 12/25-29

Prof. Development/Waiver Day

Childcare for Professional Development/Waiver Day, when children are out of school. You must register in person at the community center for these programs.

Ages 5 – 12

Location: Game Room

#11066 10/13/2006 Fri 7 a.m. – 6 p.m.

Pricing for this program depends on your enrollment in our Before and After School programs. If your child is enrolled in both, this one day program is \$10, if they are only in one its \$15, if neither then its \$29.

***Explanation of Fees:** The standard monthly Before and After School program fees are calculated by determining the school year cost and dividing by ten. This averages the cost of the programs over 10 months and allows for a consistent fee. For example, the same fee is charged for a full month (September) and a holiday month (December).

Winter Break Camp

School's out, Join us for two fun filled weeks of activities at Rainier Beach Community Center. Activities include games, sports, art, cooking, fieldtrips, and more.

Day Camps for K-5 children are offered throughout the city. You must register in person at the community center for these programs.

Location: Game Room

Ages 5 – 12

Winter Break Camp – Week 1

#11041 12/18/2006 – 12/22/2006
Mon, Tue, Wed, Thu, Fri 7 a.m. – 6 p.m.
Activity Fee \$145.00, Second Child \$140.00

Winter Break Camp – Week 2

Ages 5 – 12
#11042 12/26/2006 – 12/29/2006
Tue, Wed, Thu, Fri 7 a.m. – 6 p.m.
Activity Fee \$116.00, Second Child \$112.00

Youth/Teens

Jazz up those Fits

Ages 10 – 16

Show your designer spirit ~ Create Designer styles that are your own. This class is not for just the ladies. You young men can put a little Hip ~ Hop in those diggs.

Location: Arts and Crafts Room

#11424 Mon 4 – 6 p.m.

9/11 – 10/2

Activity Fee \$10

Youth Basketball Basics

Ages 8 – 9

Youth basketball class designed for 8 – 9 year old youth. Learn and practice the basic fundamentals of basketball. Shooting, dribbling, passing, rebounding and many other skills will be introduced. Great introduction for beginners / intermediate youth interested in playing team basketball in the winter. Participant must be 8 or 9 years old as of August 31, 2006.

Location: Gym

#11390 TTh 6:15 – 7:15 p.m.

9/26 – 11/2

Activity Fee \$25

Flag Football RB

Boys and girls are invited to take part in the Seattle Department of Parks and Recreation's flag football program. Volunteer coaches will work on plays and conditioning as teams prepare to compete against other community centers. Players will learn offensive and defensive skills that will enhance their natural abilities. This is a limited contact sport where the focus is on sportsmanship.

PRACTICE TIMES AND GAME TIMES VARY...CHECK WITH YOUR LOCAL CENTER FOR SPECIFIC DATES AND TIMES.

You must register in person at the community center for these programs.

Location: Outdoor Space

5:30 – 7 p.m.

Activity Fee \$30.00

Barcode	Ages	Days
#11058	8-9 yrs	Mon/Wed
#11056	10-11 yrs	Mon/Wed
#11057	12-14 yrs	Mon/Wed

The Pro Parks Levy is making a difference in your community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3 and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!



The Pro Parks Levy is making a difference in your community

Youth/Teens

Girls Volleyball RB

Volleyball is available to athletes ages 10-17 in three different divisions.

Players learn basic skills, team work, and sportsman-ship skills needed to partici-pate in league play.

Players sign up at their lo-cal community center and practice there, with games being played at central com-munity center sites.

Leagues are formed and play begins the week of September 19 and con-clude the week of November 14.

Volleyball for a range of skill levels, from beginner lessons to competitive leagues. You must register in person at the community center for these programs.

Location: Gym

9/19/2006 – 11/16/2006

Tue/Th

Activity Fee \$30.00

Barcode	Ages	Time
#11059	10-11 yrs	5 – 6 p.m.
##11062	12-13 yrs	6 – 7 p.m.
#11063	14 – 17 yrs	7 – 8:30 p.m.

Goju Ryu Karate-Youth

Ages 7 – 17

Build self confidence and stay fit while learning the basic skills and forms of this style of karate. Begin-ning and continuing students are welcome. The sessions are on going throughout the year.

#11065 9/6/2006 – 12/27/2006

Mon/Wed 7 – 8:30 p.m.

Activity Fee \$30.00



Hip Hop Dance

Introduction to Hip Hop dance class will explore the skills and techniques that street-funk, jazz, isolations, and break dancing are founded upon. Heavily influenced by contemporary rap and pop music, this class will also teach the styles and steps of such familiar performers as Janet Jackson, Jus-tin Timberlake, Missy Elliot, Britney Spears, ect. Non-intimidating and very welcoming, all levels of experience will enjoy the opportunity to express themselves through diverse urban movement.

Hip Hop – Youth

Ages 6 – 10

#11067 9/9/2006 – 12/16/2006

Sat 10:30 – 11:30 a.m.

Activity Fee \$30.00

Hip Hop Dance – Teens

Ages 10 – 18

#11069 9/9/2006 – 12/16/2006

Sat 11:45 a.m. – 1:30 p.m.

Activity Fee \$30.00

Register for Winter Citywide Youth Basketball

PRACTICES BEGIN:

10 years old & above teams begin in November;
8 & 9 year old teams begin in December

Practices are held after school or in the evenings, generally twice per week at Rainier Beach and at local school gyms.

GAMES: Games begin the 1 week of January and extend through March at Rainier Beach or other Seattle Parks and Recreation community centers. 8-9 yr games on Friday evenings; 10-13 yr games are on Saturdays; 14-17 yr games are on Sunday afternoons. The game schedule is available in late December.

Open registration for the basketball season will be October 7 at 1:00 pm.

Youth/Teens

Seattle Youth Capoeira Angola

Ages 6 – 18

The Seattle Youth Capoeira Angola Club, started in 2000 by Mestre Jurandir and his senior students, has been a means to offer the traditional knowledge of Capoeira Angola for Youth from 6 to 18 years old. Capoeira Angola is an African Brazilian martial art that combines movements and music – instrumentation and songs sang in Portuguese and Yoruba languages – that has given birth to modern arts forms such as Break Dance in the USA. Brought to Brazil by enslaved Africans, over 400 years ago, Capoeira became a means of resistance against social oppression through self-defense and self-expression empowering participants to express their critical thinking. FUN connected with Youth development, and cultural community enhancement, are some of the goals for this class taught by experienced artists including native Brazilians.

No Class 11/10/06, 11/24/06

Location: Activity Room

#11492 9/15/2006 – 12/8/2006

Fri 6 – 7 p.m.

Activity Fee: \$0.00

Teen Council Meeting

The Teen Advisory Council will meet the first Monday of every Month. Come and enjoy pizza and earn service learning credits while you plan future teen sponsored events. Meetings will be monthly beginning in October.

Teen Council

Come together to plan programming for fall and winter quarter. Attend workshops on resume building and job readiness skills. Open to teens who wish to have a voice in their community while gaining valuable life skills.

Instructor: Yolanda Barton

Age: 13+

Sep 23 – Dec 6

Service Learning for Teens

Rainier Beach Teens Serving the Community: This program will focus on community service and volunteer work. A great many high school aged youth are required to do service learning hours in order to graduate. This program will include doing service projects around the greater Seattle area in order for teens to fulfill their academic requirements and also to emphasize the importance of uplifting community through service. Examples: Feeding the homeless at the UGM, toiletry drive for women in shelters, sleeping bags for homeless, Reading to elementary youth etc.

Teen Service Learning-Fall

Fulfill school prerequisites and take an active interest in your community. Develop leadership skills and become more aware of the Seattle area by serving those in need.

Oct 1 – Dec 20

Location: RBCC



Teens

Late Night Programs

Providing our teens with positive alternatives to alcohol, drugs, gangs, and other unsuitable activities is the goal of the Late Night Program. The goal is accomplished through intercultural activities, sports, arts & culture, educational workshop, special events and mentoring. The Late Night Program is open to anyone interested in making positive change in themselves and in their community.

Free activities include swimming, basketball, volleyball, dances, and the Beauty Zone!



Fridays & Saturdays

7:00 pm- midnight @ Rainier Beach Community Center

Saturdays

7:00 pm- midnight @ ASA Mercer Middle School

Late Night Fall Session

Programming for teens from 7:00 p.m.-midnight join us at RBCC for our open gym, dance, swimming and many more activities.

Instructor: Late Night Staff

Age: 13 to 18

Sep 2 – Dec 30

Location: entire center/gym



Facility Rentals

Pritchard Beach Bathhouse 5500 South Grattan Street

We are pleased to announce the availability of Pritchard Beach Bathhouse! This facility on Lake Washington has a social room that is available for rentals. It offers a splendid view of the beautiful lake and a perfect place for receptions or group meetings.

Rainier Beach Community Center

Rainier Beach Community Center is the perfect place to celebrate any important occasion, whether it is a reunion, birthday, wedding reception, or graduation. Meeting rooms are also available for rental. The Complex offers a spacious social room, game room, arts and craft room, and medium kitchen.

For fee information and details on how to set up a rental, call 206-386-1925 today, and reserve a date for your special event.

Adults

Computer Lab

The Rainier Beach Community Technology Center offers 16 computers connected to the internet for residents, free of charge. There are many programs and classes for children, teens, and adults. Please call the computer lab for further information at

206-722-1390 or e-mail: rbctc@seattle.gov.

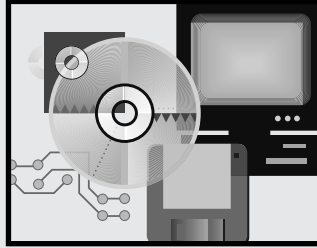
Computer Lab Director: Young Pham

Open Lab Hours Please call for hours.

Free Internet use during open lab hours.

Staff and volunteers will be available to help during these hours.

Location: Computer Lab



Greater Seattle, and Fremont Public Association's JustServe AmeriCorps Team to offer the community program.

The TechNet Program is part of the RecTech Community Technology Center, whose mission is to provide programs that effectively utilize tech-

nology for education, recreation and community services for children, youth, adults, and neighborhoods.

Online registration is not available for these programs. Schedules will be located at the Community Center beginning in mid-September. For more information or to suggest program ideas, please contact a staff member at your center or Christina Arcidy, TechNet Program Administrator at 206-233-7017 or christina.arcidy@seattle.gov.

Age: Middle & HS Youth

Free

Location: Project Compute Lab

Computer Clinic

Upgrade or fix your computer with our experts. Just bring in your computer, any new parts or software you'd like to have installed, and any documentation you have for the machine. **Please call the computer lab to make an appointment at 206.722.1390 or e-mail rbctc@seattle.gov.**

Diagnosis

Free!

Software Tune-Ups

\$20

Hardware Tune-Ups

\$10

Aerobics

Ages 18 – 65

This program will get your body jumpin' and your blood pumpin'! Come in for a great cardio workout and leave feeling good and looking great! A fitness form must be completed prior to the start of your class. There is no class on the second Tuesday of each month.

Location: Activity Room

#11039 9/14/2006 – 12/28/2006

Tue/Thu 6 – 7 p.m.

Activity Fee \$35.00



Adults

Hip Hop Dance

Ages 18 and older

Introduction to Hip Hop dance class will explore the skills and techniques that street-funk, jazz, isolations, and break dancing are founded upon. Heavily influenced by contemporary rap and pop music, this class will also teach the styles and steps of such familiar performers as Janet Jackson, Justin Timberlake, Missy Elliot, Britney Spears, ect. Non-intimidating and very welcoming, all levels of experience will enjoy the opportunity to express themselves through diverse urban movement.

Location: Activity Room

#11298

9/9/2006

– 12/16/2006 Sat 1:45 – 3 p.m.

Activity Fee \$30.00



Goju Ryu Karate-Adults

Ages 18 and older

Build self confidence and stay fit while learning the basic skills and forms of this style of karate. Beginning and continuing students are welcome. The sessions are on going throughout the year.

Location: Activity Room

#11064

9/6/2006

– 12/27/2006 Mon/Wed 7 – 8:30 p.m.

Activity Fee \$30.00

Register Online!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks, where you can find our seasonal brochures and register for many of our courses online.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, by telephone with a credit card or online at www.seattle.gov/parks. We accept Visa, MasterCard and American Express. Please make checks and money orders out to the City of Seattle. Please note: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.)

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.

- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include a user fees paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in Teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Toddlers/Preschoolers

P.R.E.P. @ Hutchinson

Looking for a fun and nurturing environment for your preschool aged child? P.R.E.P. (Preschool Recreation Enrichment Program) provides before-school-age children with a fun, challenging, friendly atmosphere. Children will be prepared to enter school in a warm and caring environment. The program provides morning, afternoon, and all day sessions. Please contact RBCC at 206-386-1925 to receive schedule and price information.

We offer preschool programs at sites across the city. You must register in person at the community center for these programs.



AM P.R.E.P.		PM P.R.E.P.	
Barcode	Dates	Barcode	Dates
9430	9/11 – 9/29	9434	9/11 – 9/29
9431	10/2 – 10/31	9435	10/2 – 10/31
9432	11/1 – 11/30	9436	11/1 – 11/30
9433	12/1 – 12/22	9437	12/1 – 12/22

Ages 3 to 5

No program November 10, 24&25; Dec 25.

AM P.R.E.P. Mon – Fri 9 a.m. – 1 p.m.

PM P.R.E.P. Mon – Fri 1 – 5 p.m.

Location: Hutchinson CC: Room

Activity Fee \$220.00

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days advanced notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program at an accessible location.

Special Populations

For information on programs for Youth/Adults with disabilities, please call the Specialized Programs Office at 206-684-4950 or visit the web at <http://www.seattle.gov/parks/Special-Pops/index.htm>.

Rentals

For information about room rentals, please view our facility rental brochure. (www.seattle.gov/parks/reservations/fac-rentalguide.htm).

More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for more information about programs for special populations, please call 206-684-4950.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Rainier Beach Family Center

A program of Atlantic Street Center
 Located in the New School (formerly SouthShore)
"The Best Kept Secret in Seattle"

Parents Corner

- *How do I communicate with my teenager?*
- *What is positive discipline?*
- *How do I help my child succeed in school?*
- *Why is my baby crying?*



Come and learn the answers in the parenting classes. Meet other parents and learn new parenting tools.

Multi-cultural Parenting of 3-11-years
 Tuesdays 6:30 – 8:30 p.m.

Parenting of Birth to 3 years
 Sat, Sept 16 & 23 10 a.m. – 4 p.m.

How to Parent & Communicate with Teens
 Thursdays 6:30 – 8:30 p.m.

Classes are offered quarterly.

Classes are taught by trained parent educators. Dinner and childcare provided. Childcare providers can earn 6 STARS credits. No charge for parents.

Register now; classes are filling up fast! Call 206-723-1301 or email: carmenN@atlanticstreet.org

Parent & Child Play & Learn Group

For children age 0 to 5 Years

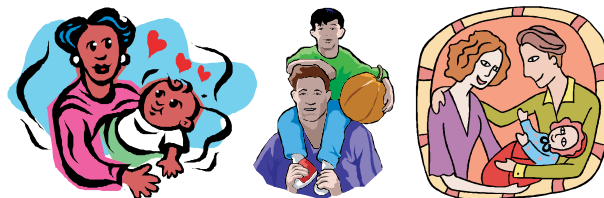
Come and meet new parents and new playmates for your child to play with. Learn about child development and share your successes and frustration.

Facilitated by a parent educator.

Wednesdays 10 – 11:30 a.m

Fridays 1 – 2:30 p.m.

Held at Rainier Beach Community Center



Re-parenting? You are not alone. Come visit or join our Grandparents & Kinship Caregivers in Action Group

This group offers support, resource assistance, fun & educational workshops, field trips and the opportunity to share life experiences while making new friends.

Every Thursday 6:30 – 8:30 p.m.
Dinner at 6 p.m.
Limited Transportation provided

Bring Your Kids!

Your children ages 3 to 12 can participate in social skills classes while you're in the group meeting. They go on field trips, too, and, best of all, it's free!

Help for Working Families

Our Family Advocate Connie Acosta can assist you with accessing available resources:

Child Care ♦ Health Insurance ♦ Energy & Utility Assistance ♦ Food Assistance

Call for an appointment: 206-723-1301

Rainier Beach Family Center



**Are you a parent of
a 2 year old?**

The Parent –Child Home Program is for you!

A trained home Visitor will come to your home twice a week for 30 minutes. The home sessions will be arranged at a time that is convenient for you. The home visitor will bring quality free books and toys that your child can keep. Best of all, the program is completely FREE!

Call: Diesha Rodgers or Cikeithia Pugh
206-723-1301

Fun!



Family Cooking Classes Children Age 7-12yrs

Learn how to cook healthy and delicious meals from a Seattle Chef. Free groceries to re-create the dish at home.

**DATE AND TIME TO BE
ANNOUNCED**

Computer Classes for Job Seekers

- ❖ Basic Word & Windows
- ❖ How to use e-mail & the Internet
- ❖ How to write a resume, post it on the internet & do job searches

Thursdays, 6:30pm – 8:30pm

Sept. 14 – Nov 9, 2006

FREE! Call 206-723-1301 to Register or
email: carmenN@atlanticstreet.org



Teens as Parents

**Free
baby
clothes,
too!**

- ❖ Come and meet other teen parents
- ❖ Exciting topic every week
- ❖ A fun activity with your child
- ❖ Dinner

Tuesdays

4:30 – 6:30 p.m.

**Call 206-723-1301 to register or
just drop-in and check us out.**



Senior Adults

Southeast Registration Information Classes/Special Events

Angela P. Smith, Recreation Specialist
206-684-7484
E-mail: angelap.smith@seattle.gov

Fall Quarter Dates: Oct 2 – Dec 15

No classes: Friday, November 10; Thursday, November 23; Friday, November 24; Monday, December 25

Class Registrations: Begin September 18 at 8 a.m. by calling 206-684-7484

All Class Payments: Please make checks payable to: Senior Adult Advisory Council ('SAAC').

Mail payments to: Senior Adult Programs, Attn: Angela – SE, 8061 Densmore Ave N, Seattle, WA 98103-4436.

Rainier Beach Pool Holiday Potluck

Join the swimmer at Rainier Beach Pool for a merry potluck. Meet and greet the staff, participants, as we hear how swimming has helped improved their quality of life.

Wed, Dec 20 1:15 – 2:15 p.m.

Fees: Free Free

Seniors Making Arts: Drawing

Please join us for this FREE art class! Whether you are a beginner or just want to build on your experience with this traditional art form, this is the class for you! Please call (206) 684-7484 to register.

Instructor: Howard Hansen

Seniors Making Art

Mondays (Oct 2 - Nov 20) 1 pm - 3 pm

Fees: Free

Nutrition Made Easy

Confused about cholesterol, sodium, trans fats, fiber, etc? Talk to a registered dietitian about what is all means. Food samples will be available at each class.

Wednesdays (Oct 4, 11, 25) 10:30 - 11:30 am

Pet Food Program

The Pet Food Bank provides monthly delivery of supplemental pet food to low-income senior citizens. **To apply and for questions call 206-684-7484.**

Mall Walking

Reserve your spot by the Wednesday before, by calling 684-4664.

Fridays 8:30 – 11:15 a.m. Oct 2 – Dec 15

Fees: Free

Rainier Beach Walkie Talkies

We walk indoors if it's raining, and explore outdoors when it's sunny. Fun, friends and fitness! Call Hyde Shuttle at 727-6262 for transportation.

Wednesdays 10 – 11 a.m. Oct 2 – Dec 15

Fees: Free

Location: Rainier Beach CC

Sound Steps Hikes

To register for hikes, send mail-in registration form to Senior Adult Programs, Attn: Mari Becker. For questions, call Mari at 206-684-4664.

Old Sauk River Trail

Thu, Sep 28 9 a.m. – 2:30 p.m. Fees: Free

Preston-Snoqualmie Trail

Thu, Oct 26 9 a.m. – 2 p.m. Fees: Free

Franklin Falls

Thu, Nov 30 9 a.m. – 2 p.m. Fees: Free

Rattlesnake Lake

Thu, Dec 14 9 a.m. – 2:30 p.m. Fees: Free

Sound Steps

Free Health & Fitness Classes

Dates: Oct 4, Nov 1, Dec 6

Wednesdays 10:45 – 11:15 a.m.

Senior Adults Trips

Southeast Trip Registration Information

Make checks payable to: SAAC. Mail to:
Senior Adult Programs, Attn: Angela – SE,
8061 Densmore Ave N, Seattle, WA 98103

*Payment must be received 5 working days
before departure.*

Trip Registration: Phone-in only by calling
206-684-7484 at 8 a.m. on the date listed for
each trip. Leave your name, phone number,
and pick-up site. You can sign up yourself
and one other person. You'll *only* be called
back if you're on the wait list. All trip times,
costs, and destinations are subject to change.

Van pickup 20 minutes before time listed.

Japanese Garden

First lunch and then to the beautiful Japanese
Garden and a walk through the Arboretum. Free
Admission. Reg: Sept 19

Mondays Mon, Oct 2 Noon – 4 p.m.
Fees: \$5.00

Issaquah Salmon Days

Celebrate the return of salmon to lakes and
streams. It is also parade day! Over 300 arts &
crafts, and food booths on display. Reg: Sept 26

Tuesdays Sat, Oct 7 9 a.m. – 3 p.m.
Fees: \$6.00

Clearwater Casino

Located between Poulsbo and Bainbridge Island,
it's your best bet for fun at the table games and
slot machines. Lunch and ferry fees (refunds avail-
able for qualified players) on your own. Reg: Oct 3

Tuesdays Tue, Oct 17 9 a.m. – 3:30 p.m.
Fees: \$7.00

Chatueau St. Michelle Winery

Founded in 1934, this is the oldest winery in Wash-
ington State. We'll have a guided tour, a chance to
taste wine, and browse in their gift shop. Bring \$2
cash on trip day for tour. Lunch and free time own
your own at Molbak's new cafe in Woodinville. Reg:
March 10

Tuesdays Tue, Oct 24 9:30 a.m. – 2 p.m.
Fees: \$6.00

Mansions & Broadway

First we will tour two First Hill landmark Mansions.
Tours provide a glimpse of the architectural char-
acter and interior designs, plus a lively look at the
life of Frist Hill at the turn of the 20 centruy. Next
have lunch on your own in the colorful Broadway
District. Bring \$8 cash for tours on trip day. Reg:
Oct 31

Tuesdays Tue, Nov 14 9:30 a.m. – 2 p.m.
Fees: \$3.50

Holiday Mystery Trip

Prepare yourself for the holidays! This place is full,
wall to wall of festive red and green colors. Next
stop, what's that smell? A historic bakery opens
their doors for a tour. Its' not Borracchini's... guess
again. Lunch and free time on your own at South-
center Mall. Reg: Nov 14

Tuesdays Tue, Nov 28 9:30 a.m. – 2 p.m.
Fees: \$4.50

Christmas Ship

This decorated Christmas Ship, Argosy's Spirit of
Seattle has 2 fully enclosed inside decks, 1 out-
side deck, restrooms and all your favorite holiday
drinks. On board, enjoy live singing from a choir
group as they are broadcasted via speaker to peo-
ple gathered around scheduled bonfires on shore.
Half price appetizers on own your own at Dainel's
Broiler. Reg: Nov 21

Tuesdays Tue, Dec 5 5:15 – 10 p.m.
Fees: \$2.00